

The Official USU Newsletter

the pulse

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Courtesy Photo

On the cover

USU's Brigade Chaplain (then) Lt. Chris Martin addresses troops during a recent deployment. (See story page 3)



Department of Surgery hosts 26th annual trauma conference

by Staff Sgt. Matthew Rosine

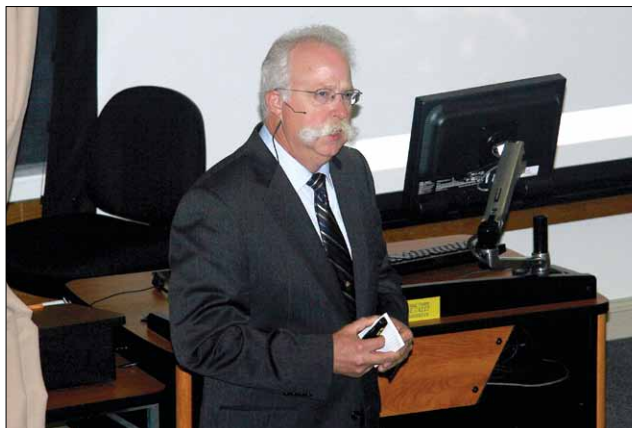


Photo by Staff Sgt. Matthew Rosine

Dr. Robert Dodson, a surgeon and president of the medical staff at the St. John's Regional Medical Center in Joplin, Missouri, speaks during the 26th annual Surgery for Trauma Day at USU. Dodson (USU '1986) spoke about his experiences following the May 22 tornado that hit Joplin.

USU celebrated its 26th Annual Surgery for Trauma Day August 25 in Sanford Auditorium.

The day-long event featured prominent guest lecturers, including Michael Rotondo, M.D., the William R. Drucker distinguished surgical lecturer. Dr. Rotondo is professor and Chairman for the Department of Surgery and Chief, Center of Excellence for Trauma and Surgical Critical Care at Pitt County Memorial Hospital in North Carolina. The Martin Silverstein distinguished surgical lecturer was John Armstrong, M.D., from the University of South Florida College of Medicine in Tampa, where he is associate professor of Surgery and Medical Director of the Center for Advanced Medical Learning and Simulation.

Several other distinguished speakers participated, including Dr. Jonathan Woodson, the Assistant Secretary of Defense for Health Affairs and Dr. Robert Dodson (USU, SoM '86), surgeon and president of the medical staff at the St. John's Regional Medical Center in Joplin, Missouri.

Dr. Dodson's speech titled "Experience with the Joplin Tornado," highlighted how his USU education and military trauma training helped lay the groundwork for the successful medical support of the city following that May 22, 2011 tornado that struck his hospital.

"You have to be prepared," said Dodson, who retired from the Air Force. "This school (USU) is all about giving people the tools to make good decisions."

After the tornado ripped through Joplin, the St. John's hospital was the only medical facility still standing, but it had sustained major damage.

"The only thing worse than being hit by a tornado is being the only surviving hospital," Dodson said.

Despite a ruined medical facility, limited supplies and practically no electronic communication capability, these medical professionals addressed more than 350 casualties within the first hour after the tornado.

"It was difficult, but we went from nothing to fully capable in seven days," he said.

The casualty count would continue to rise until more than 1,500 casualties were seen. In total, more than 150 people lost their lives in the storm, including six people who were in the hospital when the tornado hit.

But through this tragic event, Dodson wanted to provide a specific message to the students at USU – quality training will empower them to succeed despite the situation and austere setting.

"Not only will you learn disaster planning here – you will learn it and you will live it," Dodson said. "One day you will have to do this. So take advantage of the experience you have here."

A Profile in Leadership: Chaplain Chris Martin

by Staff Sgt. Matthew Rosine



Lt. Cmdr. Chris Martin addresses troops during a recent deployment with a Marine battalion in Afghanistan.

Courtesy Photo

Navy Lt. Cmdr. Chris Martin assumed responsibilities as the Chaplain for the Uniformed Services University of the Health Sciences this summer.

Previously serving at Marine Corps Base Kaneohe Bay, Hawaii, he relieve Navy Chaplain (Lt. Cmdr.) Bruce Mentzer, who retired in August.

"I am excited to be here. I have always had a close relationship with my unit doctors on deployments," Chaplain Martin said. "So, I am really excited about being in on the initial training level for our future doctors."

Having previously served on three deployments assigned to Marine battalions in both Iraq and Afghanistan, Chaplain Martin feels his experience will be valuable in completing the Command Religious Program – the free exercise of religion, as well as all personnel, staff, students and their families being able to call on the Chaplain's office for support through counsel, worship and training activities which support character development and spiritual formation.

"I am hoping to bring three things to USU: availability, approachability and friendliness," he said. "I want everyone to feel comfortable enough

to approach a chaplain's office with any need. I want them to know we are available to meet anyone's needs, when they need us. And, we are here to help them attain their goals."

Lt. Cmdr. Martin was born in Portsmouth, Virginia at the U.S. Navy Hospital. He earned a Bachelor of Science degree in Business from Miami University in Oxford, Ohio in

1992 and received a direct commission in the Navy as a Chaplain Candidate in 1997. Lt. Cmdr. Martin earned a Masters of Divinity degree from Gordon-Conwell Theological Seminary in South Hamilton, Massachusetts in 1998 and was ordained a Minister of Word and Sacrament by the Presbyterian Church (USA) in September, 2001.

Lt. Cmdr. Martin is the proud husband to his wife Julie, and father to their three children, Ben, Katie, and David.

Through all of his personal experiences, education and perspective, the Chaplain hopes he will be a valued leader, coworker and friend to everyone at USU.

"Ultimately, I hope people leave this office with a positive image of military chaplains," he said. "This is not about me. When these doctors and nurses get to their next duty assignment, say five years down the road, and times get tough, I hope their experience here makes them feel comfortable enough to reach out to their current chaplain for the assistance they need."



Courtesy Photo

USU's Williams honored by national association

by Ken Frager

Navy Cmdr. (Dr.) Carlos Williams, Director of Education and Civil-Military Medicine at the Center for Disaster and Humanitarian Assistance Medicine (CDHAM), received the President's award from the National Medical Association, the largest and oldest national organization representing African American physicians and patients in the United States and abroad.

Cmdr. Williams was recognized for his outstanding work as chair of the Office of the Assistant Secretary of Defense for Health Affairs Medical Stability Operations Working Group's Education and Training Committee. Dr. Williams led the effort that established the DOD's Minority Global Health Education and Training Consortium. This initiative brings together the NMA, the American



Courtesy Photo

Navy Commander (Dr.) Carlos Williams accepts the National Medical Association's President's Award from Vice Admiral Adam M. Robinson, Jr., Surgeon General of the Navy.

Medical Association and the National Hispanic Medical Association. It seeks to pair U.S.-based institutions with public health programs in Africa, Asia and South America.

He is currently working in coordination with numerous United Nations agencies and other U.S. government departments and international and national non-governmental organizations to improve partner nations disaster response capabilities. Cmdr. Williams has conducted sustained engagements in several African nations, focusing on crisis response and disease surveillance.

In his letter to Cmdr. Williams, Dr. Leonard Weaver, President of the NMA, stated, "You have achieved the highest standards of humanitarianism through your exemplary work." He went on to say, "Through your work with the Federal Center for Disaster and Humanitarian Assistance Medicine you have improved the lives of millions around the globe."

Cmdr. Williams brings a breadth of experience to CDHAM and USU. He is clinically trained in both pediatrics and internal medicine, and besides his medical degree from Morehouse School of Medicine, he holds Masters degrees in both Public Health and Business Administration from Johns Hopkins University.

Presenting our latest best and the brightest



Photo by Ken Frager

USU welcomed the newest students to the campus, including the School of Medicine's class of 2015 and the new graduate students with a special Presentation Ceremony to round out Orientation week. This ceremony is an official induction into life as a student, and the students recite their respective Oaths, swearing to uphold the standards of their profession of medicine and science. It also was the first opportunity for family to visit the campus and to celebrate along with faculty and staff.

The medical school class of 2015 includes 171 students across the services, while the graduate school welcomed more than 40 new future researchers.

Maintaining connections

by VPE Staff

Walking into room A1025 is like walking into a shrine to USU. The walls are covered with photos of alumni sitting on palace thrones in Iraq, on top of Mt. Kilimanjaro, on board the USNS Comfort, and taking over as hospital commanders. A poster from the film, "Fighting for Life," which featured USU and its alumni, sits in the corner next to a bookshelf filled with decades of the university's yearbook containing photos of every graduate.

And no wonder. A1025 is where USU's Alumni Affairs Office, directed by Ms. Sharon Willis since 1993, and her team, which includes Gloria Maguire and Bernie Schwartz, are tasked with forming the bond that keeps students connected to the University long after they graduate.

"For alumni, we are a central point of contact for whatever services or information they need from the University," said Ms. Willis.

The Alumni Affairs staff gets requests for LRC accounts, transcripts, faculty appointments, reunion information, or questions on how USU time counts toward retirement. "It's much easier

for alumni to have one office to work through, and it helps us continue to build the university's relationship with them," said Ms. Willis.

The team is tasked with keeping track of more than 6,500 graduates of the School of Medicine, Graduate Nursing and Graduate Education programs. "Internet search engines and the military locators are our best friends," Ms. Willis said. The office also helps graduates stay in contact through email, Facebook, and events, like the successful "Guess Who's Coming to Dinner" program being relaunched shortly, which pairs alumni with current students for networking over dinner.

"One of the most valuable benefits for students, and even prospective students, is our ability to connect them to alumni who can help guide them during their military medical careers," Ms. Willis said. "Getting a classroom education is critical, but putting that education to work, or experiencing life in a specific medical specialty or treatment facility, is better learned from someone who has been

there. Our alumni value the opportunity to serve in this role."

The office also assists other departments who need to reach graduates to teach or for some other purpose. "There have been times when the Admissions office needed a graduate in a deployed location to serve as an interviewer for an applicant who is also in or near that same deployed location, and our office was able to help them," said Ms. Willis. "The same holds true when the President's office receives an invitation to an installation ceremony for a new university president around the country. We help to identify and contact USU alumni in those areas who might be able to serve as official representatives at those ceremonies."

"I probably have one of the greatest jobs here," said Ms. Willis. "I get to watch our students grow while they're here, but I also get to follow their careers and share in their successes along the way. And the work we do benefits not just the University, but all of the Soldiers, Sailors and Airmen and even civilians, who our graduates care for while serving in harm's way."

HPRC Health Tips

The Human Performance Resource Center Health Tips is a new column intended to provide the USU community with information to help develop and maintain a healthy lifestyle. Check out the HPRC website at: <http://humanperformanceresourcecenter.org>.

Swimming for fitness

Swimming is a wonderful way to improve overall fitness while minimizing risk of injury. It's easy on your joints and improves cardiovascular fitness. While training in a pool may not simulate your specific duties, cross-training

reduces the risk of injury from other repetitive exercise like running. Effective pool training sessions should vary in intensity and emphasis. To avoid shoulder joint and upper back issues, warm up by swimming for five to ten minutes at a pace slower than your usual training pace, and include kicking and pulling drills. To improve strength and endurance in the water, try interval training. Shorter rest intervals will improve endurance, while longer ones will stress your anaerobic system and improve your strength and power. Alternating between aerobic (longer and slower) and anaerobic (shorter and more intense) workouts will optimize your overall performance for both combat swimming operations and cardiovascular fitness in general.

Energy drinks and adolescents

Energy drinks are marketed to improve physical and mental performance, mainly to "boost energy." Adolescents are finding energy drinks more often, in part because of heavy marketing of sports drinks by athletic superstars, causing adolescents to confuse energy drinks for sports drinks. Energy drinks contain large amounts of caffeine and other stimulants, while sports drinks contain carbohydrates and electrolytes and are intended for use when athletes (including adolescents) are engaged in prolonged, vigorous exercise. Adolescents have already had problems combining energy drinks and alcohol, which has led to risky behavior.

The brotherhood of military medicine

by Christine Creenan-Jones

Twin brothers, Ben and Zach Clark grew up watching their father Col. (Dr.) Gary Clark, (USU '88), take care of Soldiers on the military posts they called home. He was a very good doctor, and an easy role model for the boys. So it wasn't long before young Ben and Zach decided they wanted to heal warriors as Army physicians, too.

Their resolve continued through high school. The twins, athletic and popular, finished at the top of their class. For them, college opportunities were boundless, but Ben and Zach had only one university in mind.

Attending West Point, the Army's military academy in New York, was part of the family legacy carved by their father and older brother. It also brought the twins one step closer to their dream.

"There are no easy days at West Point," said Ben, the older, slightly taller brother. "The program is long and intense, but it's incredibly rewarding,

too. You gain a lot of knowledge and self-confidence at West Point. After graduation, I felt like I could tackle any obstacle in my path."

Today, those obstacles are pretty significant on the Bethesda campus. Like West Point, USU expects more from its students than most traditional universities. Academic development is just one piece of the curriculum. Ben and Zach, second lieutenants now, will have to be strong military leaders as well.

But, their upbringing and education has prepared them for USU. They already have the ambition and discipline to succeed. And when things get tough, they also have another secret weapon to fall back on – each other.

"My brother and I have always been very close," said Zach, the more artistic twin. "We push each other to do well and always keep an eye out for one another."

Their unique bond will help the Clark brothers navigate another

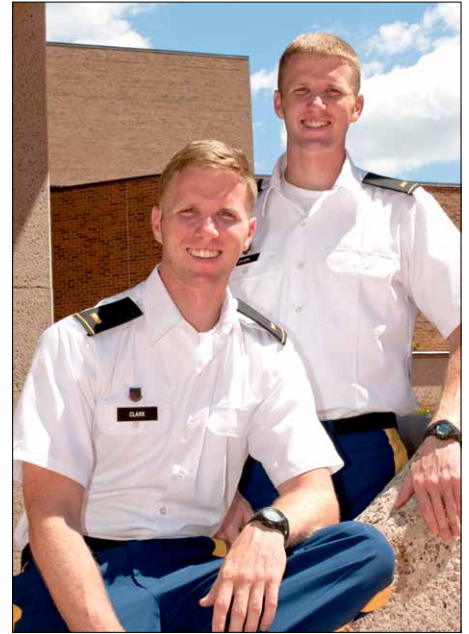


Photo by Thomas C. Balfour

difficult four-year program. USU is the final leg of their academic journey into military medicine before the twins are able to call themselves Army doctors at last.

New faculty orientation day

Courtesy USU Faculty Senate Mentoring Committee

The USU Faculty Senate Mentoring Committee will host an orientation day on Thursday, October 13, 2011, in Lecture Room E, Building C (0800 - 1545), for all new faculty.

The main function of the committee is to identify and promote administratively supported policies and practices that facilitate career and academic success, enhanced personal growth, and job satisfaction of all USU faculty. In accordance with this charge, presentations from senior faculty and University leaders have been planned throughout the day to provide new faculty with important information and an opportunity to ask questions about available resources.

While the New Faculty Orientation Day has been designed primarily for

faculty who are new to the University, ALL FACULTY are encouraged to attend as many of the planned sessions as possible, including the all-faculty reception which will follow in the lobby outside of Lecture Room E.

All attendees must register in advance at:

http://www.lrc.usuhs.mil/content/training_reg.php?Grp=Public&ClassID=716

Event highlights include:

- Introduction and Overview by USU Leadership
- Faculty Support Resources
- Appointment, Promotion and Tenure process at USU (SOM and GSN)
- Research and Technology Transfer

- Teaching & Education (Curriculum Reform)
- Reception (ALL FACULTY ARE INVITED)

Please mark the date and watch TV monitors around the USU campus for specific information about the day's events.

Contacts:

Faculty Senate President: Tomoko Hooper, MD, MPH (thooper@usuhs.mil)

Mentoring Committee Co-chairs:

Johnan Kaleeba, Ph.D. (jkaleeba@usuhs.mil) and Col Nicholas Lezama, USAF, MC, SFS. (nicholas.lezama@usuhs.mil)

Briefs

Using Computer Resources

Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices:

Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by NOC;

download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system.

Personnel must not permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites, dates or times.

Help Desk Closure

The Customer Service Division (CSD) Help Desk is closed for staff

meetings and training on Thursdays from 2:00 PM until 3:00 PM. Online services are still available during this time. Utilize the USU Service Desk (<https://usuca/CAisd/pdmweb.exe>) to enter your request and it will be serviced accordingly.

Exercise/Fitness Areas

Physical Fitness training should be conducted in designated areas.

The only authorized space for PT within the university is room G060.

The campus' Student Community Lounge area is also authorized, but only during specified PFT dates or times.

Working side by side on land...and at sea.



Courtesy Photo

Kneeling (l-r): Capt. Greg Phillips (CRNA, '09), Col. Clorinda Zawacki (DCCS, '93), Maj. Christopher Finch (Anesthesiologist, '05), Maj. Denise Moultrie (RN, OIC, '08), Col. Clifford Porter (General Surgeon, '86), Maj. Kevin Guthmiller (Anesthesiologist, '05), Capt. (P) Greg Kraus (Anesthesiologist, '06), Maj. Laura Gallaway (CRNA, '09).

Standing (l-r): Lt. Col. Kevin Banks (Radiologist, '01), Maj. Jason Bothwell (Chief, Emergency Medicine, '01), Maj. Nici Bothwell (ENT, '02), Lt. Col. Heather Currier (Chief, Surgery, '99), Maj. Tristan Knutson (Emergency Medicine, '05), Lt. Col. Donald Helman (Chief, Critical Care, '97), Capt. Corey Jones (CRNA, '09).

Lt. Col. (Dr.) Kevin Banks (SoM, 2001), a member of a combat support hospital Task Force in Afghanistan had been in theatre for about a month when he realized that there was a large USU contingent working with him. USU alumni from the school of medicine and GSN were working. According to Dr. Banks, "This is just one more demonstration that USU graduates are active in operational settings, with GSN and SOM alumni working side by side."



Courtesy Photo

Shown l-r: Capt. Allen Mitchell '92 (NMC Portsmouth - ENT), Lt. Cmdr. Tim Mickel '99 (NMC San Diego - Orthopedics), Lt. Cmdr. James Solomon '03 (NNMC Bethesda - Anesthesiology), Lt. Cmdr. Kerry Hollenbeck '03 (NMC San Diego - Anesthesiology), Lt. Cmdr. Katherine Covington Austin '00 (NMC Portsmouth - OB/ Gyn), Capt. Michael Mazzilli '90 (NMC Portsmouth - Anesthesiology), Col. Edwin Burkett '91 (Langley AFB - Chief, Global Health, Office of the Command Surgeon), Lt. Cmdr. Philip Letada '03 (NMC Portsmouth - Dermatology) Cmdr. (s) Andrew J Sellers '99 (NMC Portsmouth - Radiology), Maj. Melissa McGuinn King '03 (Eglin AFB - Hematology/ Oncology), Capt. (s) Stephen Sears '93 (OSD(HA) TMA)

Air Force Maj. (Dr.) Melissa King (SoM, 2003) recently returned from a deployment on-board the USNS COMFORT. She wrote "Despite my Air Force roots, I have been assigned to the USNS Comfort," which recently returned from their more than five month deployment in support of Operation Continuing Promise 2011, a humanitarian mission to nine countries in the Caribbean and Central and South America. "USU was well represented and I had the opportunity to work alongside 10 other USU alumni who were aboard for the mission."



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